

'Glee' Star Dianna Agron: Terrified of Ex-Boyfriend Alex Pettyfer?



It's another messy Hollywood breakup. Sources are saying that *Glee* star Dianna Agron is "terrified" of her "psycho" ex-boyfriend, Alex Pettyfer, according to [E! Online](#). News that the couple, who were dating for less than a year, called it quits broke last week. Friends of Pettyfer calls the reports "absolute nonsense," and a source close to Agron says, "Things have definitely been intense, and Alex certainly can have *quite* the temper, but I don't think she's 'terrified' of him."

Why do breakups turn nasty?

Cupid's Advice:

Breakups are never a pleasant experience, but why is it that former couples so readily turn against each other after a split? Cupid has some ideas:

1. Hurt feelings: The most obvious explanation is that one or both parties is extremely hurt by the split. Sometimes hurt feelings can manifest themselves as anger. With anger, comes drama.

2. Built-up issues: Sometimes during a relationship, we keep our thoughts and feelings from our partner to avoid arguments. Now that the relationship is over, it's easier to tell your former mate how you felt all that time. That said, it's not a healthy way to deal.

3. Family and friends take sides: After a breakup, friends and family are quick to support their respective side of the duo in question. Sometimes, they might be angrier about the split than you are, and it rubs off on you. Try to keep a cool head, and reassure your supporters that you'll be OK ... eventually.